SENIOR CENTER CARLSBAD SENIOR CENTER

Carlsbad Senior Center • 799 Pine Avenue • 602-4650

Senior Commission

The Carlsbad Senior Commission, a City Council appointed advisory board, meets at the Center the first Thursday of each month at 3 pm. The Commission offers input to the City Council on any issues pertaining to older adults. The public is welcome.

Your 50th Wedding Anniversary

... can be acknowledged by a Proclamation from the City of Carlsbad and presented by a City Official. Call 602-4650 for more information.

Making Connections

You Are Invited to Lunch!

What tastes better and costs less than any fast food restaurant? It is the privately catered lunches at the Carlsbad Senior Center! Delicious, nutritious meals are served Monday through Friday. Just call 602-4655 by 8 am the day you wish to dine ... and you must be 60 years young. Your reservation is held until 11:45 am, with lunch served promptly at noon. A suggested donation of \$3 assists in supporting this popular program. Home meal delivery is available for homebound Carlsbad seniors. Call 602-4652 for additional information. Transportation is available for Carlsbad residents; call 602-4650 for details.

Volunteer Opportunities

Looking for a way to help others and perhaps yourself? Consider one of several positions available in our dining/nutrition program. We are looking for responsible persons to assist with the service of meals, in the dining room or kitchen, as well as drivers for home meal deliveries. We will keep you busy for about two hours and you will be providing a valuable service to the community! Call 602-4650.

SENIOR SERVICES



Ongoing Activities

Arts & Crafts

Calligraphy: Learn this skill from one of the most talented instructors in our area. Wednesday from 1:00-3:00 pm. Fee and registration required.

Crafti-Crafters: Fridays 8:30-11:00 am.

Needlecraft: Tuesdays 8:00-11:00 am. Learn and share new knitting and sewing techniques while socializing with this cheerful group of people.

Watercolor Class: Join this popular class on Thursdays from 9:30-11:30 am. Bring your own supplies and be ready to create!

Dance & Exercise

Beginning Country Line Dancing: Learn the skill of Country Line Dancing while getting great exercise. No partners are necessary. Mondays from 12:30-1:30 pm. A \$1 donation is requested.

Country Line Dancing: Enjoy great exercise while dancing the latest Country Western Line Dances. No partners are necessary. Every Tuesday from 9:30-11:00 am. A \$1 donation is requested.

Hawaiian Dance: Enjoy this graceful exercise set to beautiful music. A \$5 donation is requested. Newcomers are welcome.

Beginning / Intermediate classes held on Wednesdays, 2:45-4:00 pm.

Intermediate / Advanced classes held on Fridays from 12:45-2:45 pm.

International Folk Dancing: Learn easy steps to music from many countries. No partners are necessary and beginners are welcome! Mondays from 1:00-2:30 pm.

Jazz and Tap Dancing: Experience the excitement of both jazz and tap dancing in this weekly session. Beginning to advanced dancers are welcome! Fridays 3:00-4:15 pm.

Low-Impact Aerobics: Join Senior Olympic Gold Medal Winner, Carl Grubbs, as he helps you develop flexibility and strength. Meets every Thursday from 8:30-9:30 am. A \$1.50 donation is requested.

Walking Group: Looking for a way to increase your fitness level while having fun? Meet at the Senior Center front lobby, Tuesdays and Thursdays at 9:00 am.

Yoga: Now three levels of this less strenuous form of Yoga! A \$3 donation is requested.

Level: Beginning / Gentle, Mondays 3:00-4:30 pm, Dance Studio

Level II: Intermediate, Mondays 3:00-4:30 pm, Auditorium **Level III:** Advanced, Wednesdays 12:30-1:30 pm, Dance Studio

Computers

Computer Classes: For the absolute beginner to the experienced PC users, these classes are taught by veteran computer professionals. Times vary. Fee and registration are required.

Personal Computer Lab: Drop in and use one of the Center's computers. A volunteer will answer any questions you might have. Mondays from 1:00-3:00 pm. Wednesday and Fridays from 10:00 am-12:00 pm. Free.

PC Users Group: Beginners and experts are welcome. Meets on the 2nd, 3rd and 4th Thursdays from 2:00-4:00 pm. No reservations are needed. Free.

Games & Hobbies

Bingo: Play for cash prizes as well as door prizes. Tuesdays from 1:00-4:00 pm (doors open at 12:30 pm). Sponsored by the Carlsbad Senior Citizens Association.

Bridge Groups: Meet new friends and hone your skills.

Contract Bridge: Wednesdays, 8:30-11:30 am. Not Duplicate – need not bring a partner. Intermediate to expert players. Any qualified person may participate.

Party Bridge: Fridays, 12:30-4:00 pm. Seating is limited (first come, first served). There is a fee of 50¢ per game.

Chess: All players are welcome. Tuesdays 12:30-4:30 pm.

Mah Jongg: Play this fun Chinese tile game with 4 players at each table. Tuesdays and Wednesdays 8:30 am-12:00 pm.

Scrabble: Improve your vocabulary and have fun with other players on Fridays 1:00-4:00 pm.

Stamps for Seniors: Learn the exciting hobby of stamp collecting where you explore the many countries that issue stamps and where the collections are shared. The 2nd and 4th Fridays of the month from 9:00-11:00 am.

Language Arts

Discussion Group: Enjoy moderated discussions covering a variety of topics. Meets the 1st, 3rd and 5th Fridays of each month, 9:00-11:00 am.

Spanish: Three levels of Spanish are offered:

Level I is for newcomers and beginners and will emphasize pronunciation, diction and grammar. Mondays 9:00-10:00 am. **Level II** is to expand your knowledge of Spanish and will cover more advanced grammar and sentence structure. Mondays, 10:00-11:00 am.

Level III is for the more advanced student and will feature reading and conversation and, of course, a lot of fun. Mondays, 11:00 am-12 noon.

Writing Group: Enjoy writing short stories, family history, fiction or non-fiction? Come share your work with others who are exploring their own unique way of expressing themselves. Mondays 9:00-11:00 am.

Assistance Programs

AARP: Emphasizes how to adjust your driving in response to aging. Offered monthly for \$10. Call 602-4650 for reservations.

Blood Pressure Screening: Offered every Tuesday of each month, 8:30-11:00 am. FREE! No appointments necessary.

Cholesterol Screening: Offered every Tuesday of each month, 8:30-11:00 am. A \$3 donation is requested. No appointments necessary. Requires fasting starting at midnight on the night before the test.

Glucose Screening: Offered every Tuesday of each month, 8:30-11:00 am for a \$1 fee. Additional periodic screenings include a hearing test. Watch your local newspaper, or call 602-4650 for an appointment. Requires fasting starting at midnight on the night before the test.

H.I.C.A.P.: The Health Insurance Counseling and Advocacy Program can help you with Medicare, supplemental insurance, medical billings, claims and more. Call 1-800-434-0222 for appointment information.

Legal Services: Legal assistance and advice are available on a regular basis. Call 602-4650 for appointment information.

Miscellaneous Activities

Congregate Lunch: Offered Monday-Friday from 11:45 am-12:30. Transportation is provided for Carlsbad residents 60 years of age and older. A \$3 donation is appreciated. Call 602-4650 if interested.

Monthly Movies: Movie and FREE POPCORN on the 2nd Thursday of each month at 1:00 pm.

SENIOR CLASSES

Continuing Calligraphy

Continue your study of Italic by learning the elegant hand of Gothicized Italic. This style is a combination of Black Letter and Italic. It works well for cards and short text. Some knowledge in Italic lettering will be helpful. Bring your favorite writing tools and paper. Related handouts are included in the class fee.

Senior Center: Arts Studio

Instructor: Joan Campbell			Ag	e: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30251	1:00-3:00pm	W	Sep 13-Oct 18	6c	\$39/\$49

Advanced Calligraphy

In this class you will have the opportunity to interact with other participants, exchanging ideas, while improving your calligraphy. Learn how to add art and flourishing to your work. You will be working on the project of your choice, using your favorite style of lettering. Come prepared with your supplies, ideas and enthusiasm. This class requires some level of one or more lettering styles.

Senior Center: Arts Studio

Instructor: Joan Campbell			Αį	je: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30250	1:00-3:00pm	W	Nov 1-Dec 6	6c	\$39/\$49

Oriental Sumi-e Painting

Sumi-e is a unique, ancient art form. The specialized painting techniques have been handed down from one Japanese master to another through the centuries. Artists use rice paper, sumi-e ink, ink stone and brushes. Sumi-e painting is characterized by the use of fundamental brush strokes that are based on simple lines and dots.

Senior Center: Arts Studio

Instructo	r: Kiyoko Me	er Ag	e: 55Y	and up	
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30638	1:00-4:00pm	F	Sep 15-Oct 20	6c	\$48/\$58
30639	1:00-4:00pm	F	Nov 3-Dec 22	6c	\$48/\$58

Computer Classes

The Carlsbad Senior Center is very fortunate to have two outstanding professional computer class instructors teaching a full range of classes.

Instructor Harriet Marois has addressed the needs of the absolute beginner with her fantastic classes:

- Computer Literacy for the Beginner
- Internet Basics: Browse, Search and Protect
- Optimal Use of the Internet: Techniques & Strategies
- Computer Keyboarding: Touch Typing

Instructor Alan Hopkins has developed an exciting series of 10 classes.

There is a series of three classes designed to build your knowledge of the personal computer:

- System Hardware and Media
- The Windows Operating System
- File Management

Also offered is a series of four classes to help you to master the fundamentals of word processing:

- An Introduction
- Editing and Formatting Documents
- Creating Envelopes and Labels
- Working with Graphics

In addition, there are three special purpose classes:

- Email/Attachments/Address Book/Folders
- Introduction to Digital Photography
- Traveling on the Internet

Take one, two, or as many classes as you need to develop a thorough working knowledge of your own personal computer. In each of these stand-alone classes, you will receive both classroom instruction and actual hands-on experience. A complete set of detailed class outlines is available for your review at the front desk of the Senior Center. Stop by and choose the class (or classes) that's right for you.

Computer Literacy for the Beginner

This class demystifies basic computer concepts including hardware, software and Windows. You will learn basic use of the computer from turning it on, to shutting it down. You will learn how to gain control of the mouse, keyboard and display. You will learn about working with Windows, the desktop, and programs to open, create, save and print documents. You will discover over 60 different uses for a computer! Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Harriet Marois			Αç	je: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30208	9:30-11:30am	W	Sep 6-27	4c	\$48/\$58
30209	9:30-11:30am	W	Oct 4-25	4c	\$48/\$58
30211	9:30-11:30am	W	Nov 8-29	4c	\$48/\$58
30212	9:30-11:30am	W	Dec 13-Jan 3	4c	\$48/\$58

Internet Basics: Browse, Search, Protect

Avoid getting lost in cyberspace! Hop onto the World Wide Web! In this class, you will learn how to access the Internet; browse and search the World Wide Web; find, save, and print images and information; and protect your privacy and security. Privacy and security issues are highlighted including cookies, bugs, viruses, spyware, adware and firewalls. Please contact the Senior Center at 602-4650 or stop by for registration information. Prerequisite: Basic computer skills or Computer Literacy class.

Senior Center: Computer Room

Instructor: Harriet Marois			Age: 55Y and up		
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30214	9:30-11:30am	M	Sep 11-25	3c	\$38/\$48
30215	9:30-11:30am	M	Nov 6-20	3c	\$38/\$48

Advanced Internet: Tips & Techniques

Optimize your use of the Internet! Learn what to do and what not to do. Learn the best search techniques to find just about anything in the world ... efficiently and quickly. Discover the best Web sites. Class will include tips and techniques for comparison shopping, travel, finding valid medical information and protecting your privacy and security. Small class: limited to maximum of 8 students! PREREQUISITE: Basic Internet Skills or class in Internet Basics.

Senior Center: Computer Room

Instructor: Harriet Marois			Age: 55Y and up		
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30218	9:30-11:30am	M	Oct 2-23	3c	\$38/\$48
30219	9:30-11:30am	M	Dec 4-18	3c	\$38/\$48

Computer Keyboarding: Touch Typing

One of the single most important 'computer' skills you can learn is old-fashioned typing, otherwise known as 'keyboarding'. Anyone can hunt and peck with two fingers, but real keyboarding skill permits you to focus on the computer and the display, without looking at your fingers or the keyboard. Everything you do on the computer is easier, faster and more fun. Whether you are a total beginner or want to improve existing skills, this class is for you!

Senior Center: Computer Room

Instructor: Harriet Marois			Α	ge: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30246	3:30-5:00pm	Tu	Sep 5-19	3c	\$38/\$48
30247	3:30-5:00pm	Tu	Oct 3-17	3c	\$38/\$48
30248	3:30-5:00pm	Tu	Nov 7-21	3c	\$38/\$48

Intro to PCs

System Hardware & Media

Are you getting ready to buy a new computer system or do you just want to become more familiar with your current computer hardware? Then this class is for you. Here you will be given the chance to take an inside look at the inner workings of a computer. You will learn to identify the individual components of the system, discover how they interrelate with one another, and develop a better understanding of their specifications. You will also learn about the various media that you will be using with your computer system, such as floppy discs, CD's, DVD's, etc. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins			Ag	ge: 55Y	Y and up	
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES	
30194	9:30-11:30am	Tu	Oct 10-17	2c	\$25/\$35	

Windows Operating System

The Windows Operating System controls the functions of your personal computer. In this class, you will learn how to properly start and shut down your computer system. You will discover how to deal with the basic functions of Windows, like sizing, moving, cascading, tiling, minimizing, maximizing, and closing a window. In addition, you will learn how to change mouse and keyboard settings, set up your desktop, and select a screen saver. You will also explore the various accessory programs that are supplied with Windows. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins			Age: 55Y and up		
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30195	9:30-11:30am	Tu	Oct 24-31	2c	\$25/\$35

File Management

If you only take one class in this series, this is the class for you. It doesn't matter whether you're creating Word files or storing your digital pictures, this is the class that will teach you how to organize your computer files and images. You will learn how to create folders for the files that you create, move or copy files and folders on the Desktop, move or copy files and folders using Windows Explorer, and move or copy files and folders from one drive to another. You will also learn how to create folders when saving from an application program, such as Microsoft Word. This is an invaluable 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins			Α	ge: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30196	9:30-11:30am	Tu	Nov 7-14	2c	\$25/\$35

Intro to Word 2000

An Introduction

This class begins your word processing learning experience. Here you will sample a variety of documents that can be produced using Microsoft Word 2000, such as letters, envelopes, labels, flyers, and newsletters. You will explore the many features of the Word screen, including the Menu bar, various Toolbars, Status bar and Task bar. Before you're through, you will have created, edited, saved, and printed your first document. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins			Αg	je: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30197	1:00-3:00pm	Tu	Oct 10-17	2c	\$25/\$35

Editing & Formatting Documents

In this class you will learn the many ways to edit and format your documents. This is where you will learn to copy and paste, change fonts, check for spelling and grammar, change the appearance of the text, add bullets or numbers, insert page breaks, add page numbers, set margins, and much more. This is a 6 hour, 3 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins			Ag	e: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30198	1:00-3:00pm	Tu	Oct 24-Nov 7	3c	\$35/\$45

Create Envelopes & Labels

In this class you will learn to create and print envelopes and labels of various types and sizes. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins		Αģ	ge: 55Y	and up	
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30199	1:00-3:00pm	Tu	Nov 14-21	2c	\$25/\$35

Working with Graphics

This is where you can get creative with your Word documents. Here you will explore the many uses of the Drawing toolbar to create lines, arrows and shapes; add color and WordArt; and insert clip art and pictures into your documents. We'll teach you how to use these tools, all you need to do is apply your creative imagination. This is a 4 hour, 2 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instructor: Alan Hopkins			Ag	e: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30201	1:00-3:00pm	Tu	Nov 28-Dec 5	2c	\$25/\$35

Email/Attachments/ Address Book/Folders

In this class you will learn to compose and send e-mail; insert pictures, sounds, and web site links; add attachments; create and manage an address book; and make folders for filing your e-mail messages. Through the use of classroom instruction and actual hands-on experience, you will soon be sending and receiving e-mail with the best of them. You will also master the technique of downloading and finding attachments. Never again will you have to wonder, where did that downloaded attachment end up? This is a 6 hour, 3 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instruct	or: Alan Hopki	ns	Ag	e: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30203	9:30-11:30am	Tu	Nov 21-Dec 5	3c	\$35/\$45

Introduction to Digital Photography

Been thinking of buying a new digital camera or upgrading the one you already own? Then this class is for you. Here you will learn about the many things that should be considered when choosing a new digital camera, like price, resolution, optical versus digital zoom, features, as well as essential and other extras. You will also receive an overview of what to do once your pictures are in your camera; like how to download them to your computer; organize, rename and file them; and a bit about retouching. This is a 6 hour, 3 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instruct	or: Alan Hopki	ns	Αg	je: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30204	9:30-11:30am	Tu	Sep 12-26	3c	\$35/\$45
30205	9:30-11:30am	Tu	Dec 12-26	3c	\$35/\$45

Traveling on the Internet

Planning a trip? Do you use the Internet to make your travel arrangements? If not, then this class is for you. Here you will learn to make airline reservations; reserve a rental car; make shuttle or parking arrangements; research hotel, motel and bed and breakfast accommodations and rates; print out maps and directions; and check the weather at your destination. This is a 6 hour, 3 session class. Please contact the Senior Center at 602-4650 or stop by for registration information.

Senior Center: Computer Room

Instruct	or: Alan Hopki	ins	Αç	je: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30206	1:00-3:00pm	Tu	Sep 12-26	3c	\$35/\$45
30207	1:00-3:00pm	Tu	Dec 12-26	3c	\$35/\$45

SENIOR SAFARI EXCURSIONS

Please call the Carlsbad Senior Center at 602-4650 to set up your Family ID and PIN number if you would like to register on-line.

Note: All Senior Safari excursions require a certain amount of walking.

Las Vegas

Our host hotel will be the Golden Nugget downtown. We will visit the Aladdin, the Rio, the Bellagio and the Paris Hotels and Casinos and will have our own driver and bus for these extra casino trips, but need at least 20 people to participate. A schedule of times and meeting places will be provided. Trip fee is for double occupancy. If you need a single room, please register as a double to save your space and then contact the Senior Center at 602-4650 to request a single room. There is an additional charge of \$55 for single occupancy.

Senior Center: Parking Lot			Age: 55	Y and up	
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
29264	8:00am-6:00pm	M-W	Sep 4-6	3c	\$155/\$160

Padres Baseball

This year the Arizona Diamondbacks will be the opponent for our Padres. Your transportation and reserved seating is included in the price, however lunch is on your own. All of the seats are in the Right Lower Field Reserved, Section 135. These seats are in the shade, which makes the game even more enjoyable. Please note that this is an evening game and not afternoon as advertised in the Community Services Guide.

Senior (Center: Parking	Lot		Age: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
29267	5:00-11:00pm	Tu	Sep 19	1c	\$28/\$33

Runaway to Rodeo

A visit to the Fashion District, the hub of the Southern California apparel industry where we find Santee Alley, specializing in bargains in an open air market place. The Grove is ready for us to explore what they have to offer. Relax with lunch at Wood Ranch BBQ; after lunch we will board a vintage trolley for a narrated tour of Beverly Hills' most famous addresses. Our last stop will be rubbing elbows with the rich and famous as we spend the last part of our day on 'Rodeo Drive'.

Senior (Center: Parking	Lot		Age: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
29266	8:00am-6:00pm	Th	Sep 28	1c	\$75/\$80

Oak Glen

Enjoy a beautiful drive through the apple country and farm lands. Our first stop will include a tour and shopping at the Graber's Olive House, followed by a wonderful lunch at Law's in Oak Glen; each of us will bring home our own apple pie. There will be more time to browse around Oak Tree Village before heading home.

Senior (Center: Parking	Lot	F	Age: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30007	8:00am-6:00pm	W	Oct 4	1c	\$60/\$70

Big Bear Octoberfest

Enjoy one of the largest and most authentic German festivals in Southern California with live entertainment throughout the day, authentic German cuisine and the merry sounds of German polkas in an atmosphere of wellbeing, or as the Germans would say 'Gemutlchkeir'. Don't forget to add in all the shops and crafts that will be a part of visiting Big Bear. The Sierra Belle will await our boarding and take us for a scenic tour of Big Bear Lake before we head for home.

Senior Center: Parking Lot				Age: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30008	8:30am-6:00pm	Sa	Oct 14	1c	\$67/\$77

58th Annual Pilgrim Festival

This group of hard working volunteers presents an event featuring their creative crafts, talents and skill for all of us to enjoy. We will visit the marketplace, ride on the 'Mayflower-on-Wheels' and have a tour of the Pilgrim Place campus. An outdoor lunch is included, and then a performance of 'The Pilgrim Story' concludes this excursion.

Senior Center: Parking Lot			Age: 55Y	and up	
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30009	9:30am-6:00pm	Sa	Nov 11	1c	\$45/\$55

Huntington Harbor "Cruise of Lights"

After dinner at Knotts Berry Farm we will head to Huntington Harbor for the 44th Annual "Cruise of Lights." Every December the residents deck out their homes, docks and boats with twinkling lights, mechanical displays and Nativity scenes for everyone to enjoy. Our narrated cruise takes us past all the holiday splendor.

Senior (Center: Parking	Lot		Age: 55Y	and up
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30693	2:30-9:30pm	F	Dec 15	1c	\$75/\$85

Coming in December ... call 602-4650 for details

Warner Brothers Studio VIP Tour

A Laughlin Valentine

All transportation is included. Host hotel is the Riverside Resort for two nights lodging, a fun book and a buffet coupon. Also included will be a Valentine Surprise for all. More information to follow. Trip fee is for double occupancy. If you need a single room, please register as a double to save your space and then contact the Senior Center at 602-4650 to request a single room. There is an additional charge of \$20 for single occupancy.

Senior Center: Parking Lot			Age: 55Y and up		
CLASS#	TIME	DAYS	DATE	TERM	FEES
30692	8:00am-6:00pm	M-W	Feb 12-14	3c \$10	0/\$110